



Competitors of the Best Warrior Competition pull security for the UH-60 Black Hawk after landing for their land navigation exercise on day two of the Pacific theater competition, June 13, at Schofield Barracks.

Pacific’s Soldiers compete for Best Warrior

STAFF SGT. JOSEPH MOORE
Eighth Army Public Affairs

SCHOFIELD BARRACKS — Honolulu is known for its beautiful beaches, sun and surfing. However, for a few visitors to the tropical paradise, this wasn’t a vacation or a time to see the sights. This was strictly a business trip, and some traveled over 4,000 miles to conduct that business.

Soldiers representing seven commands from Korea, Japan, Hawaii and Alaska came together to compete in the U.S. Army Pacific Noncommissioned Officer and Soldier Best Warrior Competition, here, June 11-16.

Fourteen competitors in total endured a weeklong, continuous series of grueling tasks that, in the end, would decide who would be named the 2017 USARPAC Best Soldier and NCO of the year.

“We’re here trying to find the best two Soldiers to represent USARPAC for the Army’s Best Warrior Competition in Virginia this October,” said Sgt. 1st Class Nathan Roberts, the competition’s operations NCO.

Before the contestants officially started the competition, “Day Zero” exercised their minds with a handwritten essay, a basic knowledge exam and a graded equipment layout that tested memorization.

When people think about the Best Warrior Competition, they think of a physical training stud that never gets tired,” said Spc. James Harris, a cavalry scout assigned to 1st Brigade Combat Team, 25th Infantry Division, Alaska. “I think the best definition of a warrior has an academic side. You must have the capability to think and process a situation critically.”

The official first day began the



Photo by Staff Sgt. Joseph Moore, Eighth Army Public Affairs

Sgt. Gene Calantoc, assigned to 561st Eng. Co., 8th TSC, pulls himself up through an obstacle course called the Weaver, during the Pacific Theater Best Warrior Competition, after conducting a combat run up a hill, June 12, at Schofield Barracks.

physical events, which included a 4 a.m. wake-up, an Army physical fitness test, directly followed by a 1.5-mile combat run in boots and then an obstacle course. Following the obstacle course, the competitors were immediately transported by helicopter to a nearby range where they zeroed and qualified on the M-4 carbine rifle.

“It’s been pretty rigorous so far,” said Spc. Thomas MacDonald, a combat engineer specialist assigned to the 130th Engineer Bde., 8th Theater Sustainment Command. “The events are definitely more stressful because the events have been back-to-back. I know that all these

guys out here came with their ‘A’ game, so I definitely have my work cut out for me.”

Day two proved to be another long day for the Best Warrior hopefuls. After another early wake-up, the competitors were shuttled to the range where they would spend most of the day being tested on their knowledge of various weapon systems and marksmanship skills. The competitors exhibited their skills on the M240B machine gun, the M249 squad automatic weapon, the M320 grenade launcher, the M4 advance rifle marksmanship course and the M9 pistol.

Some of the weapon systems were new to the competitors, but all managed to push through each of the stations. One Soldier left words of advice for next year’s competitors.

“The advice I would have for Soldiers coming here next year would be to get a lot of hands on with weapon systems, and definitely go to the range and fire a lot of rounds,” said Spc. Patrick Saladino, a chemical, biological, radiological, nuclear and explosive specialist assigned to 2nd Sust. Bde., 2nd ID, Korea, after finishing the machine gun ranges and awaiting his turn on the M320 range.

Once all the brass and ammo were collected, the participants were flown by helicopters to their next event – the day and night land navigation course at the 25th ID’s Lightning Academy. The academy is where Soldiers come to attend the Jungle Operations, Air Assault and Pre-Ranger courses.

Deep into the tropical night, the Soldiers used their headlamps, maps, protractors and compasses to find their way to marked points scattered throughout the training area. Each of the competitors walked upwards to 12 miles to find all their points. The last competitor finished the course at 9:45 p.m., only 45 seconds before the 5-hour deadline.

On day three, the competitors were awakened at 4 a.m., again, and found a heavy downpour of rain awaiting them. They stood in the dark at the 8-mile foot march starting point with already wet uniforms and the Hawaiian rain dripping from their faces. They faced a harsh, winding trek that would take them up and down large hills and through the

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Back-to-back port ops inspire transporters’ ingenuity

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — 599th Transportation Brigade teamed up with its partners for back-to-back, 24-hour port operations, here, June 10-13.

The 836th Transportation Battalion from Yokohama North Dock, Japan, provided a Deployment and Distribution Management Team to lead the operation at the port. Other partners included Fleet Logistics Center, Pearl Harbor, Navy cargo handling battalions, 25th Infantry Division Port Support Activity, and contracted stevedores from McCabe Hamilton and Renny Co. Ltd.

The first ship in was the M/V Ocean Jazz, a Military Sealift Command charter from New Orleans, which docked at 3:30 p.m. on June 10. The Jazz came already loaded from Tacoma, Washington, so port operators had to first offload and redistribute cargo in order to upload 25th ID’s cargo and equipment.

“The Ocean Jazz won’t be finished until Monday, because they have to offload tricons, so they can be stacked to accommodate the other cargo,” said David Carmody, Military Sealift Command marine transportation specialist.

“This was a particularly challenging operation,” said Lt. Col. Clydea Prichard-Brown, 836th Trans. Bn. commander. “But I want everyone to know that we had

challenges and worked through them. It all worked out based on our ability to adjust as the need arose.”

Not only did the team have much more work with offloading, repackaging and reloading the same cargo, they also were up against a hard deadline because of an aircraft carrier group’s scheduled arrival.

“Once the carrier comes in, FLC has to shift their focus to supporting it,” said Prichard-Brown.

Contracted stevedores worked night shifts on June 10-12, and personnel assigned to Navy cargo handling battalions throughout the U.S. mainland handled the day shift.

While the Jazz was loading 25th ID cargo for Pacific Pathways 17-2, the second ship, USNS Fisher, stood by at the next pier. Once the Jazz finished offloading and departed at about midnight on June 13, tugs moved the Fisher over, and transporters immediately began offloading 25th ID cargo redeploying from Pacific Pathways 17-1.

While Prichard-Brown led the day shift and the overall mission, Sgt. Maj. Lonnie Gabriel, 836th senior enlisted adviser, commanded the night shift.

“We finished the Ocean Jazz two hours behind schedule, but we made up the time on the Fisher by focusing on one strategic point of attack on the offload,” said Gabriel. “While the Fisher was at Hotel Pier yesterday, we looked it over. That way, once it docked at Kilo, we already



Lt. Col. Clydea Prichard-Brown (facing front, left of center), 836th Trans. Bn. commander, conducts a safety briefing for all port operators before beginning offload of the USNS Fisher during the day shift at FLC-Pearl Harbor on June 13.

knew what vehicles needed additional maintenance support. We exceeded what we expected to download last night.”

Technology continued to improve for the move.

“Usually we are only able to hand scan cargo into either ICODES (Integrated Computerized Deployment System) or GATES (Global Air Transportation Ex-

ecution System),” said James Luxemburg, 836th information technology specialist. “We were able to work with integrated scanning for this move, which can do both, so it saves us a lot of time and work.”

Even though technology had improved, transporters still conducted a

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94th AAMDC welcomes its new 1st Sgt

Story and photo by
STAFF SGT. JUSTIN SILVERS
U.S. Army-Pacific Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — A change of responsibility ceremony was held, June 14, at the Medal of Honor Field, here.

The ceremony was hosted by Headquarters and Headquarters Battery, 94th Army Air and Missile Defense Command.

During the ceremony, 1st Sgt. Raymond B. Peredo passed the company guidon to 1st Sgt. Thomas A. Johnson, signifying the transfer of responsibility.

The 94th HHB commander, Capt. Wilfredo Santiago, said it was a bittersweet day as they bid farewell to Peredo. Santiago thanked Peredo for his dedication, and for the guidance he had provided during his tenure as the first sergeant.

“First Sergeant Peredo kept everything moving forward. Oftentimes when new tasks came up, it was the first sergeant that kept me straight as to what needed to be done,” said Santiago. “Without a good first sergeant, a commander is truly lost, and First Sergeant Peredo, I want to thank you for being my compass and keeping me in the right direction.”

While Santiago said he was heavy hearted to say goodbye to Peredo, he was also overwhelmed with joy to welcome Johnson, saying he was the right Soldier for the team.

“With the few conversations I have shared with First Sergeant Johnson, I know he is the right person,” said Santiago. “He is a consummate professional, and I know that, because of him, the team will not skip a beat.”

The outgoing first sergeant, Peredo, thanked those he had served with for all their support while he was first sergeant and expressed confidence in his replacement.

“I would like to thank Captain Santiago



1st Sgt. Thomas A. Johnson (front left) receives the company guidon from Capt. Wilfredo Santiago, commander of HHB, 94th AAMDC, during a change of responsibility ceremony, June 14, at the Medal of Honor Field on JBPHH. Johnson assumed responsibility of HHB from 1st Sgt. Raymond B. Peredo (right).

and Captain (Jeffrey) Scott for their patience and leadership while we worked to keep this battery moving forward,” said Peredo. “First Sergeant Johnson, as you take the reins of this highly motivated battery, I know you will continue to push the unit in the right direction.”

Johnson, the incoming first sergeant, said he was proud to serve as the first sergeant for the HHB, 94th AAMDC.

“It is truly an honor and privilege to lead

in such a prestigious unit and to remain relevant in the world’s most relevant theater,” said Johnson. “You have left me an outstanding battery. I can only hope to improve on the strong foundations you have set in place.”

The 94th AAMDC provides joint and combined theater air and missile defense in order to meet operation plan, or OPLAN, requirements and support the Asia-Pacific area of responsibility.

Career Skills with CPI starts third cohort

JULIA RIVERA REYES

Career Skills Program
Soldier for Life-Transition Assistance Program

SCHOFIELD BARRACKS — On June 5, 10 service members, including nine Soldiers and one Sailor, started their 12-week training program with Concrete Preservation Institute, or CPI.

The transitioning service members will be trained to prepare for careers in the concrete, construction and infrastructure industry while preserving national landmark structures at Valor in the Pacific Historical Monument, home to the Arizona Memorial.

The 12-week training includes both classroom and hands-on training in the field, as well as professional development, along with the opportunity to gain industry certifications that will lead to employment.

The team will lead projects to rehabilitate and restore structures for the enjoyment of future generations.

Guest speaker Lt. Col. Britton London, the military executive officer at U.S. Army Garrison-Hawaii, spoke to the participants about the importance of preparing for a career after their active duty service and emphasized how helpful the Soldier for Life program is



Photo by Mike Bormann, Transition Service Manager, Soldier for Life-Transition Assistance Program
Soldiers and a Sailor are part of the Career Skills Program with Concrete Preservation Institute, or CPI.

in supporting service members during their transition.

(Editor’s note: Reyes is the the Career Skills Program installation administrator in the Soldier for Life-Transition Assistance Program.)

Point of Contact

Call Julia Rivera Reyes at 655-6569 for details about transitioning programs.

CSA says Soldiers are wise to learn from MacArthur

DAVID VERGUN

Army News Service

WASHINGTON — Gen. Douglas MacArthur “was a brilliant general, make no mistake about it,” said Chief of Staff of the Army Gen. Mark A. Milley, adding that MacArthur’s performance as a younger officer in World War I was “nothing short of amazing.”

Milley spoke about MacArthur and the lessons that can be learned from him at the 30th annual General Douglas MacArthur Leadership Award Ceremony at the Pentagon, June 15.

He spoke to 28 captains and warrant officers who were there to be honored for their leadership, epitomized by MacArthur’s own creed: “duty, honor, country.”

Milley said MacArthur was “one of the most highly decorated officers for personal bravery in the history of the United States Army. ... This is a guy who walked across no man’s land in World War I, multiple times, as a member of the great 42nd Division, the

‘Rainbow Division.’”

In World War II, MacArthur was brilliant in the South Pacific. He saved countless lives by executing a very innovative island-hopping campaign, through New Guinea and on into the Philippines, the chief said.

Probably his most brilliant military operation ever was the invasion of Inchon during the Korean War, when things were pretty grim for the American and South Korean armies, Milley said.

“Task Force Smith was lost, the 24th Division was decimated, the 1st Cavalry Division was hurt bad and we were holding on to the Pusan Perimeter by our fingernails.”

At that point, when all seemed lost, MacArthur set about a high-risk operation, Milley said. He put together an amphibious invasion force and directed it at Inchon during bad weather. In so doing, he took the harbor and cut off enemy supply routes going south and seized Seoul with relatively few casualties.

“That caused North Koreans to run.”

Almost everyone in the U.S. government, in the U.S. military and even in his own staff advised him not to do that operation, Milley pointed out. They all said the risk was way too high.

“But he took the risk. That single operation turned the tide of the battle.”

Humility, not hubris

MacArthur was a hero and a great public figure at the time, the chief said.

“But like all of us, he had a few flaws.”

One of the things Milley said he’s told his captains and warrant officers is “learn the great lessons of MacArthur, and there are many, many great lessons. Also, learn from his faults. Learn from his mistakes.”

MacArthur’s greatest flaw was hubris, Milley said.

While hubris is not a crime today, it was in

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Voices of Ohana

Because it’s hurricane season, we wondered,
“What do you keep in your emergency kit?”
By 500th Military Intelligence Brigade Public Affairs



“I have a flashlight, canned foods, water, a Bible and a fidget spinner.”

Capt. Joseph W. Cho
Company commander
HHD, 500th MI Bde.



“I have food, water, camping equipment, two gas stoves and medical supplies.”

Chief Warrant Officer 2 Lance Nickerson
Counter-intelligence officer
500th MI Bde.



“I have all of my important documents and a five-day supply of food, water and clothes.”

Staff Sgt. Ignacio Ortiz-Marrero
Chaplain assistant
500th MI Bde.



“We have a hurricane box that includes a small stove, a solar charger and enough food and water for four days.”

Staff Sgt. Amy L. Robinson
Career counselor
500th MI Bde.



“We have patriot food for three months, a back-up generator, medical supplies, four tents and personal hygiene products.”

Sgt. 1st Class Helena N. Taylor
Equal opportunity adviser
500th MI Bde.

Sustainers stand their ground at U‘ila Pau

Story and photo by
SGT. IAN IVES
25th Sustainment Brigade Public Affairs
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — In a remote part of the island of Hawai‘i that is reminiscent of Afghanistan, the sounds of M2 .50 caliber machine gun fire and Soldiers yelling commands could be heard.

The “Black Wolves” militant group was pressing against a fortified base manned by Soldiers from the 25th Sustainment Brigade, 25th Infantry Division, with no avail.

From amidst the gunfire, the leader of the opposing militant forces called a cease fire and rounded up his group of no more than 10 Soldiers, to meet with the commander from the Special Troops Battalion, 25th Sust. Bde.

As real as it may have seemed, the battle that had occurred was all part of the Sust. Bde’s culminating exercise U‘ila Pau.

Soldiers from the 25th Sust. Bde. began this 26-day training exercise on May 15 and ended it on June 9, here. The purpose of this large-scale exercise was to increase Sustainers’ ability to fortify and defend themselves in austere environments with no help from combat arms Soldiers.

“We wanted them to be proficient at conducting convoys, self-securing their convoys and securing bases on their own,” said Capt. James Degan the assistant operations officer for the 25th Sust. Bde.

The training began with a week of ranges designed to have Soldiers focus on honing their skills on their assigned weapons and crew served weapons. This time allowed them to qualify and become familiar with their weapons at both day and night.

“The range week was really a multifaceted event,” said Degan. “Being in sustainment, we are very focused on supporting other units in the 25th Inf. Div., and on the island of Oahu, so that week helped prepare Soldiers for the base defense and perimeter live-fire exercises by letting us have time to focus on their individual weapon systems rather than sustainment.”

Following the range week, Soldiers geared up and moved out to forward operating bases and were tasked with defending them from scenario-based opposing forces. These opposing forces were composed of desig-



A Soldier with the 25th Sust. Bde. fires his M2 .50 caliber machine gun at a perimeter defense range during training exercise U‘ila Pau at PTA.

nated Soldiers from within the brigade whose mission was to test the defensive skills of the brigade.

“We were trying to see what kind of reaction they would have to our opposing force injections during the base defense portion of the training,” said Sgt. 1st Class John Berry, the noncommissioned officer of the opposing force. “We wanted to try and cause confusion by doing things that they wouldn’t expect us to do.”

From encountering displaced civilians on the battlefield to direct force on force combat, Sustainers were hit with a seemingly never ending barrage of opposing force scenarios. One event even required the unit to react to a mass casualty event after a notional vehicle borne explosive device detonated outside of the base. Every bit of training the brigade had received was put to the test during this exercise.

“As Sustainers, this training is important because these are the kind of threats they will encounter when they deploy,” said Berry.

After more than a week of attacks from the opposing force, Sustainers moved on to the last phase of the exercise, perimeter live fire. During this exercise, a platoon of Soldiers had to negotiate a lane in their assigned gun trucks and secure a perimeter by destroying notional targets. Effective communication and superior firing skills were essential to accomplishing this task during the exercise.

“Usually a sustainment unit would request a military police platoon or an armor platoon to assist with securing them, but those assets are not always available, so it is important that we know how to secure ourselves,” said Degan.

Though the month-long exercise was long and grueling, the Soldiers of the 25th Sust. Bde. proved their combat effectiveness in an unforgiving environment. Now armed with lethal knowledge and the experience of defending themselves, the 25th Sust. Bde. is prepared to accomplish any mission.

U.S.-Australian armies participate in Perspicuous Provider

SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs
SCHOFIELD BARRACKS — The 8th Theater Sustainment Command hosted Perspicuous Provider, here, May 29-June 17.

Perspicuous Provider is a joint exercise designed to increase sustainment-centric intelligence through a humanitarian assistance/disaster relief scenario within the Pacific theater.

“Perspicuous Provider is an annual intelligence collective training exercise divided up into two weeks,” said Lt. Col. Claudia Penaguzman, the 8th TSC G2 officer in charge.

“Week one is collective training in the COMEX (communications exercise), and the second is the actual execution through a CPX (command post exercise) construct with simulation towards a humanitarian assistance/disaster relief effort that simulates U.S. Army-Pacific giving a mission to 8th TSC to go in and support,”

Penaguzman said. Participating units were the 8th TSC, 130th Engineer Brigade, 8th Military Police Brigade, 205th Military Intelligence Battalion, 593rd Expeditionary Sustainment Command and an intel cell from Australia’s 1st Division.

Penaguzman said this was the first time they were able to have the Australians take part in the exercise.

“For this exercise, they are part of the intelligence cell, which is where all the different intelligence feeds from each kind of source are coming in,” Penaguzman said. “They are working side-by-side with the U.S. Army intel professionals in building a fused picture that will provide situational awareness and understanding of the operational environment to the commander.”

“It’s really good to have all the units come here because it allows for us to be able to learn other people’s focus, especially when we’re able to sit in on their meetings in person instead of having to go do a video teleconference,” said Spc. Corey McMullin, an intel analyst with

8th TSC. Having been a part of the past two Perspicuous Providers, McMullin said this year’s has been going really well.

“We’ve integrated a lot of new systems and got them up and running,” McMullin said. “We’ve been able to coordinate a lot better with different sections, and the training event itself is different than last year.”

Penaguzman said that Perspicuous Provider is a great exercise for achieving the Army chief of Staff’s No. 1 priority: readiness.

“Typically, exercises like Ulchi Freedom Guardian really focus on mission command and the maneuver aspect of it,” Penaguzman said. “This one is not a decisive-action training scenario. It’s an HA/DR, which brings a realism of the Pacific theater, because that is something that we would be requested to support for any of the 36 nations within the U.S. Pacific Command area of responsibilities.”

Warriors like 9th Mission Support Command’s Morris never quit

SPC. TRENTON FOUCHE
214th Mobile Public Affairs Detachment
FORT BRAGG, North Carolina — A sergeant grimaced in pain as he struggled to carry his rucksack. His shoulder had given out and he fought to keep going.

The Warrior Ethos played in his mind like the sound of his boots touching the dirt. He wouldn’t quit.

Working with at-risk youth had taught him to never give up on anyone, including himself. The kids he worked with looked at him as a role model.

Like Superman, he kept fighting. Every step forward was a demonstration of the leadership, energy and execution needed to be a capable, combat-ready and lethal warrior.

Sgt. Benjamin T. Morris, a training and operations noncommissioned officer assigned to the 4960th Multi-Functional Training Brigade, 9th Mission Support Command, located at Fort Shafter, Hawaii, competed in the 2017 U.S. Army Reserve Best Warrior Competition, here, June 11-15. Although he didn’t win, as a drill sergeant, he came into the contest with a different perspective than many of the other warriors.

Before the event, Morris mentioned the mission of drill sergeants throughout the Army.

“The drill sergeant corps is about consistently pushing and looking for ways to innovate the Army’s training as a whole,” said Morris. “I’m expecting to be tested, learn a lot and demonstrate all of the capabilities that I have.”



U.S. Army Reserve photo by Sgt. Jennifer Shick
Sgt. Benjamin Morris conducts the recovery exercise following an Army PFT at the 2017 U.S. Army Reserve Best Warrior Competition at Fort Bragg, North Carolina, June 12.

To many, Morris’ experience seemed like it would be an advantage in the competition, considering that drill sergeants have been judging the event.

“We are here to provide the motivation that only drill

sergeants can provide,” said Sgt. Olivia Trochesset a drill sergeant assigned to the 3rd Battalion, 378th Regiment, 1st Bde., 95th Division, under the 108th Training Command. “We provide a lot of motivation that a lot of people don’t understand. Drill sergeants are this way for a reason. It’s because we see things in people that they can’t see in themselves.”

In addition to molding young Soldiers as a drill sergeant, Morris spends much of his time mentoring young adults.

“I work in an at-risk school through the Hawaiian National Guard,” said Morris. “We help high school drop-outs realize the value of the second chance (that) they have a possibility of earning.”

Morris’ belief in selfless service could be described as the embodiment of what it means to be a Soldier, demonstrating leadership every step of the way.

“With these kids, a lot of times you’re the most respected role model that they’ll ever have in their life,” Morris said. “You can never let yourself be in the position to where it can be questioned. Discipline is still taught the same.”

Like many of the Warriors at this year’s competition, success didn’t happen over night. The road to the competition took a tremendous amount of dedication. These Soldiers had to prove to their command that they were capable and combat ready, no matter how tough the challenge.

(See more at www.hawaiiarmyweekly.com/2017/06/21/warriors-like-9th-mscs-morris-never-quit/.)

MacArthur: Leader had his ups, downs

CONTINUED FROM A-2

ancient Greece, he said, explaining that hubris occurred “when the high and mighty thought they were better than the common person. The high and the mighty don’t think the rules apply to them. ... They look in the mirror a little too much and start falling in love with themselves.”

Hubris affects many people today, he continued, and “it led to MacArthur’s downfall when he decided to be insubordinate to President Harry Truman, and of course, he was relieved. So there’s good and bad to learn from Douglas MacArthur.”

The anecdote to hubris, Milley said, is humility.

“Good leaders are humble leaders. They are servant leaders. It is not about themselves. It’s never about you. It’s about the cause. It’s about the people you serve. Practice that throughout your life, and you will rise well above and beyond anything MacArthur ever dreamed of.”

Total Army Concept

Milley congratulated the 28 Soldiers for being selected by their commands for achieving great leadership, as embodied by their character, competence and commitment.

The chief noted that of the 28, seven Soldiers were from the National Guard and seven from the Reserve.

The concept of the total Army, he said, originated with Chief of Staff Gen. Creighton Abrams during the early 1970s. As the Army’s chief of staff towards the end of the Vietnam War, he concluded that the war was lost because the will of the American people was broken and the war

effort didn’t have the support of Congress, Milley said.

Abrams resolved that the Army would never again fight a war without that support, he said. So Abrams went about changing the structure of the Army, dividing it so that 53 percent of the force was Guard and Reserve and the smaller portion active, he said.

The reasoning behind this, Milley explained, was to ensure Americans “had skin in the game.”

In order to fight another prolonged war, the Army would not be able to fight without the Guard and Reserve, he said. They held a huge chunk of the necessary fighting power and technical expertise.

In order to commit the Guard and Reserve to a war effort, they would need to be called to active duty and that would take commitment from mayors, governors, lawmakers and the American people.

In short, Abrams hoped that in any future war, Americans would be committed “in a deep way like the entire nation was during World War II.”

8th TSC Expo will answer ‘Who do I talk to?’

Includes SHARP, suicide prevention, resources

MAJ. LINDSEY ELDER
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — The Sexual Harassment/Assault Response and Prevention (SHARP) program’s primary mission is prevention of sexual assault/harassment to support Army commanders in their efforts to maintain the highest levels of organizational readiness.

Keeping leaders and Soldiers informed of the resources available to support this important topic goes beyond simply observing Sexual Assault Awareness & Prevention Month (SAAPM) each April or conducting annual training.

That is why the 8th Theater Sustainment Command will host the 3rd annual SHARP Community Awareness Expo on June 30, from 10:30 a.m. to 2 p.m., on Hamilton Field (at 725 Grimes St.), Schofield Barracks.

This event will focus on providing information, resources and contacts to raise awareness of efforts to prevent and respond to sexual assault and to support survivors. It is open to all service members, Department of the Army/Dept. of Defense civilians and their family members.

The event will feature information booths with numerous SHARP resources, as well other important groups and topics, including Dept. of Veterans Affairs, the Survivor Outreach Program, and the U.S. Army Hawaii’s Special Victim Council.

“Events like this are important for everyone. Even if people have the perception that sexual assault or thoughts of suicide could never happen to them, as leaders it’s important to know the resources out there in case you have to reach out on behalf of your Soldiers or



8th TSC will host the 3rd annual SHARP Community Awareness Expo, Friday, June 30, from 10:30 a.m. to 2 p.m., on Hamilton Field, Schofield Barracks.

a family member someday,” said Lisa D. Coleman, the 8th TSC SHARP program manager.

Sexual assault harms victims both physically and emotionally, and its lingering effects can haunt a victim much in the same way as wounds received in battle. Sexual assault is further complicated by the fear of stigma or retaliation for reporting.

In the military, these debilitating consequences not only affect the individual, they also directly impact mission readiness by compromising unit cohesion, trust and discipline.

Improvements and means of access to SHARP/sexual assault program managers (SAPM) and victim advocates (VA) have come a long way, with emphasis on making reporting as easy as possible. Victims can even report incidents to another service Sexual Assault Prevention and Response (SAPR) Program representative if they feel more comfortable.

It is about understanding and access, not what camouflage pattern the victim

wears. SAPR reps from the Navy, Marine Corps and Air Force will be on-site at the event to answer questions.

The Centers for Disease Control and

Prevention lists suicide as the 10th leading cause of death in the United States, and the second among Americans aged 15-34. Suicide rates are also high among service members, which is why the expo will also feature resources for referrals or to help Soldiers ask their loved ones those tough questions.

In addition to several mental health resources, reps from the U.S. Army Hawaii Suicide Prevention Task Force will be on-hand to answer questions.

For those who cannot attend, here are some important resources:

- If you or someone you know is in emotional distress or suicidal crisis, call the National Suicidal Prevention Lifeline at 1-800-273-8255 to speak with a trained counselor. If you are a veteran, press 1.

- For more information on the Veterans Crisis Line, visit <https://www.veteranscrisisline.net/>.

- Call the U.S. Army Hawaii SHARP Hotline at (808) 655-9474 or the DOD Safe Help Line at (877) 995-5247 for assistance.

Exhibitors

The following exhibitors will be available at the 8th TSC SHARP Community Expo:

Local Exhibitors

- Department of Veterans Affairs (Behavioral Health, Benefits and Compensation)
- Department of Veterans Affairs Vet Center Readjustment Center Service

U.S. Army Hawaii Exhibitors

- Army Substance Abuse Program
- Child, Youth and School Services
- Criminal Investigation Division
- Special Victim Council
- Suicide Prevention Task Force

Army Community Service

- Army Emergency Relief
- Army Volunteer Program
- Exceptional Family Member Program
- Family Advocacy Program
- Soldier and Family Assistance
- Survivor Outreach Program

National

- Department of Defense Sexual Assault Prevention and Responses Offices
- U.S. Air Force SAPR Office
- U.S. Coast Guard SAPR Office
- U.S. Navy SAPR Office
- U.S. National Guard SAPR Office
- U.S. Marine Corps SAPR Office

TAMC graduates 122 health professionals, June 16



Graduates are presented with awards and their diplomas during the 2017 Graduate Professional Health Education graduation ceremony. Leaders include (from left to right) Col. Kent DeZee, director of Health Education and Training; Brig. Gen. Bertram Providence, commander, U.S. Army Regional Health Command-Pacific, and Col. Andrew M. Barr, commander of TAMC.

Story and photo by
WILLIAM SALLETT

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center honored 122 health care professionals of the Graduate Professional Health Education program during a graduation ceremony, June 16.

TAMC sponsors 12 Graduate Medical Education (GME) training programs, with more than 240 trainees comprised of interns, residents and fellows. The institution and its GME programs are accredited by the Accreditation Council for Graduate Medical Education.

The commander of TAMC, Col. Andrew M. Barr, hosted the event with Brig. Gen. Bertram Providence, U.S. Army Regional Health Command-Pacific commander, as the keynote speaker.

“It is the Graduate Medical Education programs at Tripler that provide for the future readiness of our Army and its medical department,” said Barr. “Remind yourself often of where you have been and why you do what you do – to serve patients and their families, to ease pain and suffering, to heal the sick and bring comfort to those in need, to make others whole again. Always listen first and place

the patient first. Never stop learning.”

TAMC also has collaborative educational partnerships and agreements with the University of Hawaii, the Kapiolani Medical Center, the Department of Veterans Affairs, the State of Hawaii, Hawaii Institutional Review Board Consortium and the Cancer Research Center of Hawaii.

Forty-eight Army graduates and one Air Force graduate will move to operational assignments in South Korea, Germany, Egypt, Alaska, the mainland and Hawaii, while 61 Army graduates, one Air Force graduate and seven civilian graduates will commence additional residency or fellowship training beginning in July. The remaining four civilian graduates will start new jobs or pursue other professional and personal goals.

“The training you received here at Tripler is a solid foundation on which to build a career, but if you stop reading and growing today, then you stop learning, and the successful career as a health care provider requires that you be a lifelong learner,” said Providence. “I am proud of you, and I look forward to the excellent care you will provide to your patients and leadership you will bring to the military health care system.”

Warriors: 25th Infantry wins

CONTINUED FROM A-1

island countryside.

Unfortunately, the contestants couldn’t stop to enjoy the scenery or smell the tropical sea breeze due to the two-hour time limit they had to finish the march. However, each of their steps took them closer to the finish line and title of USARPAC Best Warrior.

“There’s been early mornings and late nights, and the land navigation was crazy yesterday,” said Spc. James Bass, a military working dog handler assigned to the 901st Military Police Detachment, Japan, while trying to catch his breath during the foot march. “I thought I trained up for rucking, but I didn’t train up for this type of rucking. At this point, it’s all about finishing, so that’s my goal; that’s my motivation.”

The first rain-soaked finisher of the ruck march, Saladino, came in at a respectable 1:46:28, but was quickly followed by Spc. Hazen Ham, an infantryman assigned to the 3rd Inf. BCT, 25th ID at 1: 46:46.

After the foot march, the competitors had 30 minutes for the medics to inspect and treat their feet, change socks and grab a quick snack before diving into the next series of events.

Drill and ceremony was up next. The Pacific Soldiers marched and called cadence to a squad of volunteers. After calling “Fall Out,” the resilient warriors hustled to their next and final event for the day.

Their day concluded with a rainy 2-mile course that featured 10 basic warrior skill stations where the competitors reacted to a chemical or biological attack, provided first aid to a casualty, threw hand grenades, called for a medical evacuation, reacted to enemy contact and called for fire on an enemy position.

Tired, wet and hungry, the Soldiers pushed through to prove they’re worthy of the USARPAC Best Warrior title.

“That’s all you’re holding on to at this point,” said Harris, when asked what it would mean to him, if he were named USARPAC Best Soldier. “You’re smoked and you’re tired of thinking, packing and the rain, but it’s worth every inch of the struggle to be named Best Warrior for USARPAC. I want it more than anyone.”

Winning wasn’t the only motivation for Sgt. 1st Class Benjamin Garcia, an infantryman assigned to 3rd BCT, 25th ID.

“The importance of these types of competitions as NCOs is to set the example,” he said. “It’s a ‘do as I do’ mentality, not a ‘do as I say’ mentality. These competitions really highlight what’s important in our profession, which is leader development.”

The final day and final event was far less physical, but just as tough

mentally. They faced a knowledge board in front of a panel of command sergeants major from various commands across the Pacific.

Their lint-free and freshly pressed Army Service Uniforms showed their sparkling badges and ribbons as they stood behind the closed glass door leading to their final obstacle.

“We’re not looking just for the best field Soldier or the best garrison Soldier, but a well-rounded Soldier,” said Command Sgt. Maj. Rick Merritt, senior enlisted adviser for Eighth Army, Korea, and a panel member for the USARPAC Best Warrior board.

Once the final question and answer was given, a look of relief, satisfaction and smiles came across the Soldiers’ faces as they exited the door of the boardroom. Finally, after dozens of miles logged, quarts of sweat dripped and very little sleep, they had completed every task the competition had to offer, an accomplishment in itself, but there could only be one winner in each category.

Those winners were announced in front of a crowd of about 3,000 during the One-Team Luau on Schofield Barracks, June 16.

The crowd erupted in cheers as Schofield Barracks’ own Sgt. 1st Class Garcia and Spc. Ham were named the champions – a sweep for the 25th ID.

The journey for Garcia and Ham does not end with their USARPAC victory. They now must continue training to represent the Pacific during the Army’s Best Warrior competition in October.

Transporters: 599th aids 2 off/reloads

CONTINUED FROM A-1

manual count to ensure accuracy.

“We were prepared for both operations because of our previous operations loading the Fisher in January at Pearl Harbor,” said 599th terminal operations chief, Carlos Tibbetts. “Pacific Pathways has provided more training than any other operation short of contingency operations supporting 25th ID deployments since 2001 (Bosnia) and 2004 (Afghanistan and Iraq).”

Because of the complexity of the move, the 599th stood up a tactical operations center at the port.

“We coordinated situation and spot reports from the DDMT, compiled information and ensured accurate accounting during the operation,” said Air Force Maj. Charles Boler IV, 599th command operations center chief. “We then entered the information into the (system) for SDDC-wide visibility.”

The Ocean Jazz docked at 3:30 p.m. on June 10, and the last piece of equipment was offloaded from the USNS Fisher at 4:50 p.m. on June 13.

According to the Fisher’s captain, John Nowak, the Fisher has been on a Pacific Pathways 17-1 cruise for five months, since it got the call in January and responded in 72 hours to replace the M/V Kocak for Exercise Cobra Gold. After offloading, the Fisher delayed its departure because of mechanical problems. Its next stop, Washington state, will be its last for this voyage.

Command warrant officer follows his dreams

STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Stories are often told of people who follow dreams ... dreams they have had for years ... dreams they have planned.

Command Chief Warrant Officer 5 Mark Parr, 8th Theater Sustainment Command, said he doesn't fit that mold. Looking back over his career, thus far, he said he never could have imagined what these 24 years had in store for him.

While the path isn't what he pictured when he raised his hand to defend his country more than two decades ago, he's proud of the path he's followed and the dreams he's realized.

Beginnings

Born in Gardena, California, and moving to Turkey at just 17 days old, Parr's world travels started at a young age. Once his father retired from the Air Force when he was 5, he experienced something many military children, including his own, never have – growing up in the same house from kindergarten through graduation.

Far removed from the Air Force his father served in for so many years, as a 10-year-old in Parkersburg, West Virginia, Parr dreamt of flying the Air Force's F-15E Strike Eagle. Certain he would someday be a pilot, his young world was crushed when his brother told him his eyesight was too bad to pursue those dreams.

"He was right. It took me a long time as a child to recover and figure out my next passion," he said.

Loving the outdoors, he spent much of his youth outside. He became very involved in Boy Scouts. Parr said he enjoyed the camaraderie and the life-skills taught. He went on to receive his Eagle Scout, the Scouts' highest rank attainable.

Despite growing up in a community that did not see a lot of turnover, Parr said, "I was the guy who was easily overlooked by most, but known to many. I survived though and probably came out better for it. It taught me the value of true friendship."

Parr eventually found his place in the band. A self-proclaimed "band geek," music became a driving factor in his life. He took part in every aspect of band, from marching to concert to jazz.

While he admits this didn't involve the "in" crowd at his school, he said the students were tight-knit, and he values all the friendships he made during those years, many that endure still today. He continued his passion through college at West Virginia University with their marching band.

Playing the trombone for 10 years, Parr said unfortunately, he was not at the right point in his life to focus on much beyond the band in college.

Coming into the Army

Needing a change, in 1992, he decided to take what he thought would be a four-year hiatus from college and join the Army.

"While my dad was an Air Force veteran, the Army offered more college money," he said. "And once recruiters showed me a video of ammunition specialists blowing things up, I was sold. The job looked pretty cool, and I signed up much to the delight of my mother. She loved the military life and traveling the world and wanted me to experience the same as I was so young when my dad retired."

Just as his initial enlistment was to end and he planned to head back to college, Parr was offered the opportunity to re-classify as a broadcast journalist. Taking the carrot and re-enlisting, Parr said he



CWO5 Mark Parr, shown here during his time as a broadcast NCO, once worked for Detachment 8, Air Force News Agency, at Aviano Air Base, Italy. As a broadcaster, Parr considered his position to be the best enlisted job in the Army.



CWO5 Mark Parr, the command chief warrant officer for the 8th TSC, is promoted to his current rank by his family during a ceremony at Fort Shafter on May 31.

then experienced what he believes to be "the best enlisted job in the Army.

"Being a broadcaster allowed me to see what everyone else does in the military and then tell the world how great they are at doing those jobs. I loved being on television and reporting the news and sharing the missions and stories of our men and women in uniform."

After working as a broadcaster for several years, Parr was uncertain what was next for him. Newly married to another military member, an airman, with whom he shared a baby daughter, Parr was faced with several paths and now a family to consider.

As his assignment at Aviano Air Base, Italy, neared an end, he was again made an offer he could not refuse – special duty to Armed Forces Radio and Television Services in Alexandria, Virginia. With his wife also offered a special duty assignment in the nation's capital, he said the choice for them was "a no brainer." With their family soon settled, Parr gave little thought to his future outside of being a broadcaster.

But then one day, he said, a phone call changed it all.

Becoming a warrant officer

"I was at work and my wife called. She asked if I happened to read the comments on my leave and earnings statement. With us belonging to two military services and our second child on the way, we knew it was best for our family if one of us separated, so we didn't have to risk being stationed in different locations. We were ex-

ploring our options. She then told me the Army was looking for warrant officers and I should apply.

Remembering my childhood dreams of being a pilot, I thought briefly what if? Yet, realistically, I knew it just wasn't possible. As there are no public affairs or broadcast warrant officers, my wife said, "What about ammo?"

"Thinking I'd been out of the career field for too long, I made some phone calls, and as luck would have it, at the time, Chief Warrant Officer 4 Bob Fairhurst made a few inquiries about me and wrote my recommendation letter. When the board met, I was selected. Because of his faith in me all those years ago, I've spent my entire career as a warrant officer trying to make sure I never made him regret that decision."

While Parr spent time as a broadcaster in Bosnia, covered the Kosovo Campaign from Italy, and even the 9/11 terrorist attack on the Pentagon, Parr said he looks back proudly over his time as a broadcaster and the experiences made. But it was his time as an accountable officer of the Corps ammunition storage area in Iraq that he considers one of his greatest professional achievements.

During this time, Parr oversaw a \$400 million account and had 99.3 percent inventory accuracy throughout his 14 months in that position. While this is an accomplishment in itself, he said what was more rewarding was the hard work and development of his Soldiers.

"The part that made me the proudest was watching the Soldiers who did the



CWO5 Mark Parr, shown here with his mother Barbara, used to play the trombone for the West Virginia University marching band before joining the U.S. Army. A self-proclaimed "band geek," Parr was heavily involved in every aspect of band – from marching to concert to jazz.

work transform from inexperienced ammunition specialists into a highly trained, professional workforce that could accomplish any mission regardless of the situation," Parr said.

This deployment provided fond memories for him of his unit's Soldiers learning a few things about warrant officer stereotypes.

"When I was a young warrant officer, all the Soldiers wanted to be the chief," he said. "Young Soldiers thought we had it easy, believing the chiefs could do whatever they wanted. They didn't understand all that we were actually doing and the responsibility it entailed. Then we deployed.

"That's when reality really set in for the Soldiers. They watched us work 18- to 20-hour days for weeks on end. I asked them again about half way through the deployment who wanted to be a warrant officer. No one was volunteering then," he joked.

A firm believer in the Army value integrity, Parr said even today he laughs and shrugs off the stereotypes often placed on warrant officers. He said he doesn't believe in taking them too seriously, and at the end of the day they're ... stereotypes.

"I believe our actions and deeds speak louder than any joke. Warrant officers are the smallest cohort in the Army, barely 3 percent of the force," said Parr.

(See the rest of this article at www.hawaiiarmyweekly.com/2017/06/21/command-warrant-officer-follows-his-dreams/.)



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

23 / Friday
Ideas — Have you ever had an idea that you kept to yourself because you thought no one would listen? Well, now someone is listening. If you've seen an issue and have a solution, or just have a great idea that could improve the Army, go to the Army Ideas for Innovation website on MilSuite at <https://www.milsuite.mil/ai2> and share it.

The AI2 team will push your ideas (relevant/informative) to the people who can turn them into reality. As of today, there are more than 120 ideas under review. Also, every idea is open for pub-

lic comment, so you can read the ideas of others and leave your own feedback.

26 / Monday
Blood Drive — Camp Smith will hold a blood drive in Pollock Theater, Monday, June 26 from 9 a.m.-1 p.m. There's a special need for O negative, O positive, A negative and A positive blood.

All donations made will directly support Tripler Army Medical Center, deployed service members, military missions and their families.

A few basic requirements must be met:


- Have not donated blood within eight weeks.
- Weigh at least 110.
- Have been feeling well for at least three days.
- Be well hydrated and have eaten something.
- Have picture ID and know when/where you have traveled.
- Be able to list the types of medications cur-

rently being taken.

For more details, contact Michelle Lele-Himalaya at the Armed Services Blood Program (ASBP) at Tripler. Call 433-6699.

27 / Tuesday
599th Trans. CoC — Col. James Smith will relinquish command to Col. Michael Knapp and Command Sgt. Maj. William Funcheon will turn over responsibility to Command Sgt. Maj. Rufus Lewis during a combined 599th Transportation Brigade change of command and responsibility ceremony on the fantail deck of the Battleship Missouri Memorial at 10 a.m. on June 27.

Ongoing Moving Season — Military and family members are reminded to pre-plan their permanent change of station, or PCS, shipments. Call Installation Transportation at 656-4963.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

24 / Saturday
Crosswalk Removal — The Directorate of Public Works will be removing a crosswalk, yield bar and two "Yield to Pedestrian" signs and posts on Schofield's Lyman Road adjacent to Bldg. 3004 on June 24 from 7 a.m. to 3 p.m. It will install a stop sign and stop bar exiting the driveway from Bldg. 3005 onto Lyman Road.

26 / Monday
Kailia Road — A lane

closure will occur at Kailia Road for the east of the Paoa Place and Maluhia Road intersection at the Hale Koa Hotel. Traffic will be counter-flowed to shut down the outside lane and shift traffic to the turn only lane.

The lane closures will be performed between June 26 and July 12 from 7 a.m. to 3:30 p.m., Monday through Friday. The project schedule is subject to change pending weather delays.

27 / Tuesday
Power outage — Aliamanu Military Reservation Physical Fitness Center will close at 6 p.m. on June 27 due to a scheduled power outage. Alternate sites are available:

- Fort Shafter PFC Monday-Friday: 5 a.m.-8:30 p.m.
- Saturday: 7 a.m.-3 p.m.
- Sunday: 9 a.m.-4 p.m.
- Tripler Army Medical Center PFC Monday-Friday:

5 a.m.-7:30 p.m.
Saturday: Closed
Sunday: Closed

30 / Friday
South Range — A large load delivery will impede traffic in South Range along South Range and Mauricio roads:

- On June 30-July 3 from 5-6 a.m. and 10-10:30 p.m.
- On July 5-7 from 5- 6 a.m. and 10-10:30 p.m.

The roads will not be closed, but due to the size and speed of the delivery, vehicle local traffic will be slower than normal along the route.

July 3 / Monday
Ganhan Road — Ganhan Road, Wheeler Army Airfield, adjacent Bldg. 107, will be closed at the Wright Avenue entrance. Ganhan Road will be closed throughout the duration of construction occurring at Bldg. 107. Closure will occur beginning July 3 through Dec. 18.



Courtesy photo
There are four different Spartan Races and three endurance events. More than 170 races have occurred in nearly 30 countries.

Spartan Race comes to Schofield in January '18

Race needs 2,500 participants to run

KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — The Spartan Race, which is open to the public, is scheduled for Jan. 27, 2018, at South Range, here.

Currently, the deadline to sign up is July 17, but 2,500 registered participants are needed for the race to occur. Discussions are underway to extend the deadline to reach the number.

This will be the first time Schofield Barracks is hosting the Spartan Race. It should not be confused with the Aug. 5 Hawaii Trifecta Weekend, being hosted by Kualoa Ranch.

The January 2018 race is a Spartan Sprint, which is at least 3 miles and includes more than 20 obstacles.

“Spartan Race is more than the world’s best obstacle race,” said race founder and CEO Joe De Sena, in a race brochure. “We are a way of life, a family-orientated fitness event that positively impacts lives and transforms communities.”

Obstacles

There are various obstacles runners will have to face during the race. Each obstacle must be completed successfully, or the participant must perform 30 penalty burpees. There is a designated burpee zone available.

Obstacles include ladders, ropes,

barbed wire, chains and more. According to the website, runners will be “crawling, climbing, pulling and lifting.”

Equipment

The race website recommends that racers bring identification, a waiver, their registration barcode, a towel, spare clean clothes, a hydration pack and a headlamp.

Dress appropriately for a race filled with mud, water, fire and more. The website recommends compression underwear, performance gear and shoes you’ve already broken in, rather than brand new shoes.

Registration

Runners can register at www.spartanrace.com. The price is approximately \$99 plus additional fees. However, runners will not be charged this fee until the race quota of 2,500 participants is reached.

Military members and first responders may be eligible for a 25 percent discount as a “GovX Participant.” Those who qualify for the discount include active duty service members, reserve service members, retirees, veterans, members of law enforcement, fire rescue personnel and other first responders. A link is provided at the registration site for those who want to be verified for the discount.

Rewards

Runners who finish the race receive several perks, such as professional photos, a T-shirt and a medal.



Courtesy photo

The Spartan Race offers multiple obstacles. If a participant fails to complete an obstacle, they must do 30 penalty burpees.

Participants also receive a wedge that can go toward the Spartan Trifecta Medal.

Nearly 30 countries host more than 170 races each year. The Spartan Race has four different types of races: Spartan Sprint, Spartan Super, Spartan Beast and Kid’s Race. There are also four Spartan Endurance events, such as Hurricane Heat, Hurricane Heat 12 Hour, and AGOGE (named after the ancient Spartan education program).

Ambitious participants can try for

the Spartan Trifecta Medal, by finishing a Spartan Beast, Sprint and Super race within one calendar year.

More Details

For more information, visit www.spartanrace.com.

Find the registration button at <https://www.spartan.com/en/race/detail/3004/overview>.



Participants should register now, for free.
Payment is not due until the race is confirmed.



Courtesy photo

The Spartan Race is scheduled for Jan. 27, 2018. Those who register for the race will not be charged until the 2,500 necessary participants are confirmed.



Briefs

23 / Friday

Fourth of July Presale Tickets — Get 20 tickets for \$15, June 1-30, at the SB Outdoor Recreation Center, Leisure Travel Service Office or any Army Bowling Center. This is a \$20 value. Call 655-0113.

Fourth of July Picnic & Tailgate Spots — Reserve a 20'x 25' picnic space for \$95 or two parking stalls (20' x 15') for \$57 at the annual Fourth of July Spectacular held on SB Weyand Field. Spaces are reserved on a first-come, first-served basis. To reserve a spot, visit the SB Special Events Office located within the Art & Crafts Center (Bldg. 572) or call 655-0113.

Mini Football Registration — Parent participation program for youth born between 2012-2013. Cost is \$25; includes a T-shirt and ball. Call 655-6465 or 836-1923.

Public School Registration — Registration is accepted throughout the year. Please register your child for school. Call the Army School Liaison Office at 655-8326.

Mandarin Ginger (June Featured Salad) — Enjoy fresh ingredients off FS Hale Ikena's salad bar. Build your very own salad, weekdays, from 11 a.m.-2 p.m. Just follow along with our monthly recipe card and enjoy. Call 438-1974.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Smoke House Day — Enjoy two kinds of ribs, barbecue chicken, smoked pork sliders and beef brisket, plus corn bread, baked beans and plenty of coleslaw at FS Hale Ikena starting at 11 a.m. Call 438-1974.

Parole in Place/Green Card — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC) from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB SFAC from 1-2:30 p.m. Determine if you have met the permanent resident requirements of U.S. immigration law and receive step-by-step instructions on the process of becoming a U.S. citizen.

GET QUALIFIED



Courtesy photo/graphic

The 2017 9th annual Army Hawaii Ten-Miler Qualifier will occur on July 15 at 5 a.m. This event is the installation commander's official qualifier for Team Army Hawaii's participation in the National Army Ten-Miler in Washington, D.C., on Oct. 8. Register at <https://hawaii.armymwr.com/calendar/event/army-ten-miler-hawaii-qualifier/1088902>.

Call 655-4227.

Wild West — Learn how to line dance at the SB Tropics Recreation Center at 7 p.m. Call 655-5698.

Using LinkedIn & Social Media — Build your network by utilizing social media and develop your LinkedIn profile to net a job. Attend class at SB ACS from 10-11 a.m. Call 655-4227.

24 / Saturday

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Stand Up Paddle Boarding 101 — Cruise the Anahulu River on the North Shore of Oahu with SB Outdoor Recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are required. Bring water, snacks and sunscreen. Call 655-0143.

FRG Leader Training — Held at SB Nehelani from 10 a.m.-noon. Learn about the Soldier/FRG and how to effectively run the organization, as well as challenges FRGs face. Call 655-4227.

FRG Foundations Training — Pre-requisite course held at SB Nehelani from 10 a.m.-noon for commanders, FRG leaders, family readiness liaisons and FRG volunteers. Learn the Family

Readiness System and operations. Call 655-4227.

26 / Monday

Stress Solutions — Held from noon-1 p.m. Identifies the causes of stress, as well as how it affects our lives. We share techniques, such as positive self-talk and how to not take things personally. We also introduce a variety of relaxation techniques. Call SB ACS at 655-4227.

PPP-S Federal Applications for Military Spouses — Priority Placement Program S for Military Spouses seeking civil service DOD Careers. Learn all you need to know about PPP-S, the do's and the don'ts and step-by-step instructions on preparing your package at SB ACS from 10-11 a.m. Call 655-4227.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

27 / Tuesday

Magic by Balloon Twisters Hawaii — A “Read to Succeed” magic show held at FS Library starting at 3:30 p.m. Call 438-9521.

10 Steps to a Federal Job — Held at SB ACS from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

28 / Wednesday

Magic by Balloon Twisters Hawaii — A “Read to Succeed” magic show held at SB Library starting at 3:30 p.m. Call 655-8002.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

Soul Food Day — Barbecue ribs, fried chicken and catfish, plus other soulful favorites at FS Hale Ikena. Call 438-1974

29 / Thursday

Money and Moving — Learn how to manage your finances at SB ACS from 10-11:30 a.m. Call 655-4227.

30 / Friday

Hawaiian Lunch Buffet — Held at SB Kolekole Bar & Grill from 11 a.m.-1 p.m. for \$14.95 per person. Call 655-4466.

Hawaiian Lunch Buffet — Held at FS Hale Ikena from 11-2 p.m. for \$14.96. Call 438-1974.

Right Arm Night — Come out for a night of comradery at SB Nehelani at 6 p.m. Call 655-4466.

Right Arm Night — Bring your battle buddies to enjoy food, fun and entertainment at Hale Ikena at 6 p.m. Call 655-4466.

Leilehua Concert Series — Enjoy live music from Moke Boy Kamealoha from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

Ongoing

Preschool Story Time — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202 as registration is required.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Lei Making — Learn to make lei every Friday for \$15 at SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

23 / Friday

Hawaii 50th State Fair — Rides, games, food and entertainment at Aloha Stadium, Fridays-Sundays, through June 25. Visit ekfernandez.com.

Manhattan Transfer — Multi-Grammy winning jazz-fusion quartet comes to the Blue Note Hawaii Jazz Club, Outrigger Waikiki Beach Resort, for performances June 23-25 and June 29-July 2. Visit www.bluenotehawaii.com.

Cemetery Pupu Theatre — “Yesterday's News,” scheduled for Friday and Saturday, June 23 and 24. Doors open at 5 p.m. Performance begins at 6 p.m. Costs \$55 per person and includes snacks and two complimentary drink tickets. A “talk back” session includes actors and researcher. The widespread attainment of literacy by Hawaiians gave rise to a vibrant and important role for newspapers among the general population. Newspapers were used for Christian educational purposes

to record and debate Hawaiian history, culture and more. Visit www.missionhouses.org or call (808) 447-3926.

New Name — The Hui O' Wahine is now officially the Fort Shafter Area Community Club (Officer En-listed & Civilian Spouses' Club), or simply the “Fort Shafter Hui” or “The Hui.” The new president is Holly Cook. Direct and/or copy Cook on all future requests for the Hui at Hui.prez@gmail.com.

24 / Saturday

Kolekole Trail — The Kolekole Trail is open to DOD hikers and their guests on June 24 and 25 from 5:30 a.m.-6 p.m. The trail is closed July 14.

International Market Place Island Vibes — International Market Place will launch its inaugural Island Vibes Summer Concert Series. Concerts will be held at International Market Place on the Queen's Court stage every Saturday night from 3-5 p.m. until the final show on Sept. 2.

Performers follow:
June 24: Kawao
July 1: PeniDean of Natural Vibes
July 8: Kapena
July 15: B.E.T.

July 22: Manao Company
July 29: Maryanne Ito
Aug. 5: Lion Fiyah
Aug. 12: Dustin Park & The Travelahs
Aug. 19-Sept. 2: To be announced.
For more details, visit [Shop InternationalMarketPlace.com](http://ShopInternationalMarketPlace.com).

26 / Monday

Camp Smith Blood Drive — Blood drive at Camp H.M. Smith, Pollock Theater, from 9 a.m.-1 p.m. A special need for O negative, O positive, A negative and A positive blood. All donations made will directly support TAMC, deployed service members, military missions and their families. Basic requirements follow:

- Have not donated blood previously within the last eight weeks.
 - Weigh at least 110 pounds.
 - Have been feeling well for at least three days prior to donating.
 - Be well hydrated and have eaten something prior to donating.
 - Have picture ID and know when/where you have traveled.
 - Be able to list the types of medications currently being taken.
- Call Michelle Lele-Himalaya, Armed Services Blood Program, TAMC, 433-6699.

29 / Thursday

Screen on the Green — Waimea Valley hosts open-air movie nights with new and classic films every Thursday evening through July 27, 7-8 p.m., after the Farmers Market on the Main Lawn. Visit www.waimeavalley.net.

Manoa Valley Theatre's “Happily Eva Afta” — Manoa Valley Theatre presents this Hawaii-style pidgin musical comedy, part of the “Once Upon One Time” musical comedy trilogy, an adaptation of traditional fairy tales. All shows at Kaimuki High School from June 29-July 16. Show times are Thursday, 7:30 p.m.; Friday, 8 p.m.; Saturday, 8 p.m.; and Sunday, 4 p.m. Tickets are \$40. Seniors and military are admitted for \$35, youth 18-25 are \$22, youth 5-17 years old are \$15. Visit manoavalleytheatre.com. Tickets are also available at all military ticket outlets.

July

1 / Saturday

Sunset Mele on the Rooftop — Free admission at Hawaii Convention Center, 5 p.m., at Sunset Mele Marketplace. Food booths, artisans and more. Parking is \$5. Visit Hawaii Convention Center's Facebook.

This Week at the MOVIES Sgt. Smith Theater



Alien: Covenant (R)

Friday, June 23, 7 p.m.

Diary of a Wimpy Kid: The Long Haul (PG)

Saturday, June 24, 4 p.m.



Pirates of the Caribbean: Dead Men Tell No Tales (PG-13)

Saturday, June 24, 7 p.m.

The Wall (R)

Sunday, June 25, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Exchange makes PCS season easy for families

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — With permanent change of station season now underway for thousands of Soldiers, Airmen, Sailors and Marines, the Army & Air Force Exchange Service is making it easier than ever for military families to plan the big move.

Military shoppers can visit the Exchange’s PCS Headquarters at shopmyexchange.com/PCS for a one-stop shop for all military families’ PCS needs, including moving checklists, helpful products and more.

According to the Government Accountability Office, about 650,000 service members moved during PCS season in 2014.

“The Exchange wants to help service members and families have a successful transition this PCS season,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted adviser. “Everything you need to ensure a smooth move – from packing tape to rental cars – is now just a click away.”

At PCS Headquarters, service members and families



Courtesy photo

can complete the following:

- Shop for items that come in handy during a move, including packing materials, storage bins and luggage.

- Find products to make their new space feel more like home, such as draperies, appliances, furniture and more.
- Get information on TV, phone and Internet hook-up.
- Receive a discount on PODS storage.

To ease the financial stress of moving, Military Star cardholders can use their Operation PCS Benefit Cards in store and online to save even more. Service members can get an Operation PCS Benefit Card by presenting their orders to any AAFES customer service desk. When shoppers with a benefit card use their Military Star card, they’ll receive 5 percent off purchases of \$100 or more.

Benefit cards are valid for 90 days once they’ve been received and can be used multiple times. Military Star cardholders can pick up their cards through Aug. 9.

Sign Up Online
To sign up for a Military Star card, visit MyECP.com.



Board of Education announces interim superintendent

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

HONOLULU — The Hawaii State Board of Education has announced its appointment of Keith Hayashi as interim superintendent.

Hayashi is currently the deputy superintendent at the Hawaii State Department of Education until June 30.

In July, he will serve as superintendent for a month-long interim basis.

The interim deputy superintendent during this transition period will be current senior assistant superintendent, Amy Kunz.

“I want to thank Keith and Amy for



Hayashi

ensuring continuity of operations through their interim appointments until the new superintendent starts in August,” said BOE Chairman Lance Mizumoto. “Both leaders understand the work at hand and will be assisting Dr. Christina Kishimoto as she makes her transition to head the Department.”

Current Superintendent Kathryn Matayoshi will end her term on June 30 after

serving in the position since 2010. Last month, the BOE announced its selection of Christina Kishimoto, Ed.D., as the next HIDOE superintendent. Kishimoto’s official start date is Aug. 1.

Kishimoto is currently transitioning out of her position as superintendent for the Gilbert Public School district in Arizona. She was in Hawaii recently to meet briefly with board members and HIDOE staff.

“I realize this is a critical time, and I want to thank Superintendent Matayoshi and her team for bringing me up to speed as we work towards a smooth transition,” stated Kishimoto. “I’m grateful for the time and diligence of all those

who want to ensure that I can hit the ground running.”

Hayashi is a former complex area superintendent and has served as principal at Waipahu High School since 2009. In February 2017, he was appointed deputy superintendent. He plans to return to Waipahu High at the conclusion of his interim appointment.

Kunz was appointed in 2011 as assistant superintendent of the office of fiscal services and chief financial officer. In 2014, she was appointed to senior assistant superintendent to oversee the additional offices of information technology services, human resources and school facilities and support services.

HIDOE sees progress on heat-mitigation strategies at schools

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

EWA BEACH — The Hawaii State Department of Education has been working to fast track heat-relief initiatives through its Heat Abatement Program.

During the last three years, schools across the state were evaluated for various cooling options, including air conditioning, ceiling fans, nighttime heat-flushing fans, solar lights, trees, heat-reflective paint and more.

“The department has made every effort to find solutions to cooling our classrooms that are not only cost efficient but also energy efficient,” said Superintendent Kathryn Matayoshi. “Our Heat Abatement Program includes long-term plans for our schools, as well as addressing the high-priority classrooms quickly. We want to thank the legislature for funding this effort to accomplish this goal.”

In 2016, Gov. David Ige signed Act 47, which appropriated \$100 million to fund equipment and installation costs for AC



Photo courtesy of Hawaii State Department of Education

Engineers and architects meet with Nanakuli High and Intermediate School VP Sam Campbell to discuss cooling plans for the campus.

and other cooling measures. Progress from the department’s Heat Abatement Program, in conjunction with the governor’s Cool Classrooms initiative, include the following:

- 456 classrooms have had AC units installed;


- 1,062 AC units have been ordered;
 - 1,062 units are out to bid;
 - 201 photovoltaic AC units have been installed; and
 - 402 portable AC units were distributed to the hottest classrooms statewide.
- Phase II of the Heat Abatement

Program is already underway with an emphasis on implementing passive cooling projects.

“Despite a few setbacks, which included high bid prices due to Hawaii’s construction, the department has worked diligently to come up with solutions that have kept our heat abatement efforts moving forward,” said Assistant Superintendent Dann Carlson. “Our push for better prices has allowed us to cool more classrooms.”

(For more of the story, visit www.hawaiiarmyweekly.com/2017/06/21/hidoe-sees-progress-on-heat-mitigation-strategies-at-schools/.)

More Details
For details about HIDOE’s Heat Abatement Program and continued updates about projects statewide, visit bit.ly/heatabatement.
A cost breakdown of the AC projects is available at bit.ly/2skoSGz.



As temperatures rise in summer, parents’ cool quotient goes down

It was a hot summer day in the 1970s. My brother, Tray, and I were riding along with our mother to the drive-through teller or orthodontist appointments or grocery shopping at A&P – I can’t quite recall.

Commensurate with his seniority as the older child, he rode in the front passenger’s seat. I was in the back of our large, buttermilk yellow Buick with two massive doors and searing brown vinyl interior.

I tried to move, but my thighs stuck to the naugahyde. For fear I might lose the first layer of skin, I peeled my legs slowly off the sticky vinyl and scooted to the window. I stuck my head out to feel the airstream in my hair. The pale backside of my upper arm touched down on the hot chrome window frame – ouch!

Bored, Tray grabbed the knob of our Buick’s radio and cranked it up, hoping Mom wouldn’t complain. From my wind tunnel in the back seat, I could hear the grinding voice of Ted Nugent and see Tray’s elbow jerk to the rhythm of his air guitar.

“I just don’t get it,” Mom piped up over the screeching sounds. “Why on



Earth would a cat scratch a beaver? That just doesn’t make sense, ecologically speaking.”

Tray and I were mortal enemies, but he grinned at me to share our mutual opinion that Mom was a square. Everyone in the world knew the song was “Cat Scratch Fever,” not “Cat Scratch a Beaver.” Everyone but our mother.

She was notorious for botching lyrics and doing cheesy, old-fashioned dances to our favorite songs. We shriveled in humiliation when Mom pointed her thumbs into the air to the beat, or did the mashed potato to Rod Stewart’s “Da Ya Think I’m Sexy” or KC & The Sunshine Band’s “Shake, Shake, Shake Your Booty.”

She was born uncool, we thought, and were thankful that we would never suffer the same fate.

But then, life played its cruel joke, and we became parents.

Although fully entrenched in denial,

I sometimes get the feeling that, much like my mother before me, I have no idea what’s cool anymore. I reluctantly allow our teenage daughter to control the radio on our way to school, and am forced to listen to the repertoire of new rock alternative and pop tunes that only serve to keep me from hearing the news and weather.

As cool as I think I am, I’m just realizing who Radiohead and the Chainsmokers are. It’ll take me another year before I can wrap my mind around The Killers and Paramore.

When we were stationed at Naval Station Mayport, Florida, our three kids wanted to go to an outdoor Morale, Welfare and Recreation concert featuring some nationally recognized bands. All our friends were going with their children, so despite the fact that we couldn’t identify the bands’ tunes off the top of our heads, we jumped on the bandwagon like groupies.

The morning of the concert, my husband, Francis, and I figured we’d better do our research.

With our daughters’ assistance, we played snippets on iTunes to bone up.

“Hey, I’ve heard this one before!” I said, and Francis and I got up in front of our desktop computer to gyrate to the beat.

The daughters just rolled their eyes.

Later at the concert, Francis and I were ready to prove that we hadn’t lost our cool. Pairing ‘80s dance moves with inaccurate lyrics, we appeared to be having a blast.

An hour later, Francis asked me to search my purse for ibuprofen for a pain in his lower back.

After another 30 minutes, we began to yawn and complain about the noise.

Finally, in the last set of the concert, we just wanted to go home, take our fiber tablets and go to bed.

Without us realizing it, Francis and I had become just like our own parents, obviously embarrassing the children by being so uncool. We realized that we are powerless to stop this ebb and flow.

It’s simply the natural circle of life. Which, unlike the cat who scratched that beaver, makes perfect sense, ecologically.

(Read more from Molinari at www.themeatandpotatoesoflife.com.)

Webinar to address extended care questions

TRICARE
News Release

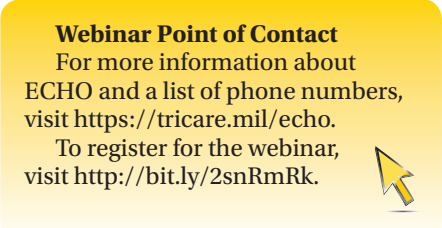
TRICARE and Military OneSource will host a webinar to discuss the TRICARE Extended Care Health Option (ECHO). Register now to join the webinar on Tuesday, June 27, 7-8 a.m., Hawaii time. ECHO provides supplemental services to qualified beneficiaries with special needs. It offers services beyond those offered by a regular TRICARE program option. To use ECHO, beneficiaries must have a qualifying condition. These may include the following:

- Moderate or severe mental disability.
 - Serious physical disability.
 - Autism spectrum disorder.
 - Extraordinary physical or psychological condition.
 - Neuromuscular developmental disorder in an infant or toddler.
 - Multiple disabilities affecting separate body systems.
- If you're new to ECHO, or just want to learn more about the program, register to join the webinar on June 27. Webinar presenters will discuss ECHO eligibility, benefits, costs, coverage limits and more. Once registered, you can submit

questions for presenters to answer during the live webinar. See email provided on the registration page for questions. Do not include personal health information when you submit your question.

Webinar Point of Contact

For more information about ECHO and a list of phone numbers, visit <https://tricare.mil/echo>. To register for the webinar, visit <http://bit.ly/2snRmRk>.



Podcasts

Listen to this week's podcast to hear about the following:

- Eating fruits and vegetables.
- ECHO webinar.
- Multiple sponsors.

Visit the TRICARE Media Center for this and previous podcasts at www.tricare.mil/podcasts.



Dental program offers advantages for retirees

TRICARE
News Release

Retiring from the military is a huge step, with many decisions facing Soldiers and families in their transition into civilian life. While preparing for retirement and reviewing TRICARE benefits, don't forget to check whether you are eligible for the TRICARE Retiree Dental Program (TRDP). Here are a few things to keep in mind about the TRDP:

- TRDP coverage isn't automatically included in your TRICARE Standard or Prime benefits, so you'll need to enroll in the TRDP after your retirement date.
- If you enroll within four months after your retirement date, you and your family will receive a waiver of the 12-month waiting period for major services like braces, crowns and dental implants.
- Your monthly premiums are based

on your ZIP code. You're required to submit a two-month premium prepayment when you enroll.

- After you submit the two-month premium prepayment, you'll be responsible for paying your ongoing monthly premiums. In most cases, the government requires automatic deduction of your monthly premiums from your retirement pay. (Delta Dental works with your payment center to set up the allotment from your retirement pay, so there's nothing you need to do to start your premium payment.) If you're not receiving retirement pay, you'll need to set up an alternate payment method – either electronic funds transfer (EFT) or a recurring monthly payment by credit card.
- If you get a job that offers dental benefits, you can coordinate the TRDP with your future employer's program to reduce, or in many cases even eliminate,

any copayments. More than 1.5 million current enrollees trust their smiles to the TRDP, and here's why:

- You get two routine cleanings (or three with diagnosed Type 1/Type 2 diabetes), two exams and an X-ray annually, with no cost share when you see a TRDP network dentist. And, these services don't count towards your annual maximum or deductible.
- The TRDP offers a large nationwide network of dentists, and you can save an average of 22 percent on your covered dental care and out-of-pocket cost shares by seeing a TRDP network dentist. To find a network dentist near you, use the "Find a Dentist" link at trdp.org.
- Network dentists accept the TRDP allowed fee for covered services, so there are no surprise costs beyond your expected cost share and applicable deductible.

- Each enrollee gets a \$1,300 annual maximum, a separate \$1,200 annual dental accident maximum and a \$1,750 lifetime orthodontic maximum.
- The TRDP coordinates benefits with other dental plans, allowing you to maximize your coverage under both plans.

Enrolling in the TRDP is easy; there's even a helpful video on the website that explains just how simple it is. After you watch the video, use the Quick link to the Beneficiary Web Enrollment (BWE) site to enroll online, or download an application from the TRDP website and mail it in. Once you're enrolled, be sure to register for the online Consumer Toolkit, where you'll be able to review your benefits and coverage levels, check the status of your claims, verify your remaining maximums and deductibles, and sign up for paperless dental benefits statements.

Be mindful of blessings and express gratitude

CHAPLAIN (MAJ.) BILL KIM
8th Military Police Brigade
8th Theater Sustainment Command

In the Gospel of Luke 17:11-19, there is an account of 10 lepers being healed by Jesus; however, only one of them returns and expresses his gratitude. We live in a world where there are more people suffering from hunger than a century ago. Yet, according to a poll, nine out of 10 American families will not utter a prayer or a word of thanks as they sit down to meals – even on Thanksgiving. Many years ago, in Evanston, Illinois, there was a shipwreck on the coast, and along with the rescue workers, several students from Northwestern University provided aid. Edward Spenser was one of those students who saved the lives of 17 people that day. Many years later, during an interview, an elderly Spenser was asked what he re-




Kim

membered most about the rescue. He replied, "I remember that, of the 17 people I saved that day, not one of them ever thanked me." Perhaps the reason we are ungrateful is because we don't realize how much we are already blessed. Remember, it was when the one man with leprosy "saw that he was healed" that he went to Jesus to thank him. To be grateful, we must count our many blessings. Daniel Defoe, through his fictitious character Robinson Crusoe, gives us some good advice. The first thing Crusoe does on the deserted island is make a list. On one side, he writes down his problems. On the other side, he writes down his blessings.

Footsteps in Faith

Under problems, he writes, "I do not have any clothes." Under blessings, he writes, "But it's warm and I don't really need any." Under problems, he writes, "All of the provisions were lost." Under blessings, he writes, "But there's plenty of fresh fruit and water on the island." So down the list he went. In this fashion, he discovers that for every negative aspect about his situation, there is a positive aspect. It is easy to find ourselves on an island of hopelessness and despair. Perhaps it is time that we sit down and make a list of our blessings. When Jesus tells the Samaritan that his faith has made him well, he is also saying that, while the other nine were

healed physically, the Samaritan was healed spiritually in addition to being healed physically. Ingratitude is a sign of spiritual immaturity. Infants and children do not always appreciate what parents do for them. They have short memories. Their concern is not what you did for me yesterday, but what are you doing for me today. Those who are mature are deeply appreciative of those who labored in the past. They recognize those who labor during the present and provide for those who will be laboring in the future. So, the question remains, which one of the 10 are we? When we understand that we are all blessed in our own unique ways, we begin to understand that nothing can be taken for granted. We realize that all of us are long overdue in expressing our thanks to one another and especially in expressing our thanks to God.



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

- FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel
- Buddhist Services**
- First Sunday, 1 p.m. at FD
 - Last Wednesday, 6 p.m. at MPC

- Catholic Mass**
- Monday-Wednesday, 11:45 a.m. at Soldiers' Chapel
 - Thursday, 11:45 a.m. at AMR
 - Wednesday, 5 p.m. at MPC
 - Saturday, 5 p.m. at TAMC
 - Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC
- Gospel Worship**
- Sunday, noon at MPC
 - Sunday, 12:30 p.m. at AMR

- Islamic**
- Friday, 12:30 p.m. at AMR (Call 477-7647)
- Jewish Shabbat (Sabbath)**
- Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
- Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)

2IBCT ‘Warriors’ spread volunteer spirit on Waianae Coast

Story and photos by
1ST LT. JORDAN LINDER
2nd Infantry Brigade Combat Team
25th Infantry Division Public Affairs

WAIANAE — Many challenges occur when planning volunteer events – finding the time and resources, pulling together multiple groups, last-minute changes due to weather or traffic. However, when an event comes together, the positive and long lasting impact makes it worth it.

On June 10, Soldiers and family members of the 2nd Infantry Brigade Combat Team, “Warrior Brigade,” 25th Infantry Division, participated in a cleanup of Keawaula Beach, also known as Yokohama Bay.

They were joined by Waianae High School JROTC Cadets, the Waianae Military Civilian Advisory Council (WM-CAC), the Hawaii Army Better Opportunities for Single Soldiers (BOSS) and the Protectors of Paradise, a local volunteer group dedicated to keeping beaches on the Waianae Coast clean.

“It’s all about coming together, regardless of our differences, and making our beaches, our environment, safe for not just us, but for our keiki,” said Micah Doane from Protectors of Paradise.

This is the third beach cleanup that the Warrior Brigade has planned and participated in with the Protectors of Paradise. The two previous cleanups were at Makua Beach. However, this event included more members from the Waianae community.

“Events like these are important for local community members because it gives us an opportunity to volunteer,



Soldiers, spouses, family members of 2nd IBCT, Hawaii Army BOSS and Waianae community members pose for a group photo after picking up roughly 1,000 pounds of trash at Keawaula Beach. Beach cleanups show that volunteering and giving back to the community is an important part of the Warrior Brigade spirit.

to keep our homes healthy and protect our natural environment,” said Genessa Stone, a senior and a JROTC cadet at Waianae High School.

Racing against heavy rain showers, which developed within just an hour of starting the beach cleanup, volunteers managed to clear roughly 1,000 pounds of trash.

“The event was a great opportunity to get out and partner with the community, to help clean up the beaches we all share and enjoy. Volunteering is part of the Warrior Brigade spirit,” said Capt. James Severin, an air defense officer assigned to 2IBCT.

“Trash isn’t always in plain sight either. From glass in the sand to trash thrown in bushes, though the beach appeared clean, a lot of trash needed to be removed,” he explained.

Soldiers from Hawaii Army BOSS also came out to lend a helping hand.

“This is a great event for Soldiers within the BOSS program to get out of the barracks, help make a difference and give back to the local community,” said Spc. Justin Fender, a member of the BOSS program.

Spouses and family members, including many young children, made up the majority of the crowd.

“My family and I always enjoy the beach. We frequently go to the beaches here in the area, so this is a great way to show our Warrior Ohana appreciation for what Oahu has to offer,” said Maj. Kwame Boateng, executive officer for the Warrior Brigade.

Keawaula Beach is remote and full of wildlife; cleanups are needed to maintain the local ecosystem.

2IBCT also volunteers in 13 local Oahu schools, having formal partnerships and offering services like mentoring, tutoring and campus beautification.

Emily Thompson, a spouse of a Soldier in the Warrior Brigade, explained that the event was a “great chance to give back and say thank you to a community that welcomes us here. Sometimes we forget the importance of giving time to something bigger than ourselves. That’s why volunteering is important.”



Soldiers, spouses, family members of 2nd IBCT and Waianae community members remove trash along the roadside of Keawaula Beach on June 10.

TAMC TIP

Eat More Fruits and Veggies



Fruits and vegetables are part of a well-balanced and healthy diet.

They have essential vitamins, minerals and fiber that may help protect against chronic diseases, including stroke and certain cancers.

Eating fruits and vegetables is also a great way to

manage and maintain a healthy weight.

Take a few minutes to add more fruits and vegetables into your diet by doing the following:

- Make half your plate fruits and vegetables.
- Grab fresh or dried fruit to eat on the go.
- Bring cut-up vegetables or fruit from home.
- Add fruits and vegetables to your favorite recipe or snack.
- Serve fruits and vegetables to party guests.

Photo by Sgt. Tomora Clark, 13th Public Affairs Detachment
Right — Pvt. Daniel Marte Pena, a food service specialist with the 302nd Maneuver Enhancement Brigade, a reserve unit based in Massachusetts, cuts strawberries for a fruit salad.

